



Senior News

City of Chandler Senior Center

202 E. Boston Street
Chandler, AZ 85225

480-782-2720

Fax: 480-782-2725

www.chandleraz.gov/senior-adult

Monday–Friday
8 am– 5 pm

Holiday Closures:
July 4—Independence Day

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BULLETIN BOARD

June



Friday, 3 - Prize Pictionary with Home Well Senior Care at 10 am

Friday, 17 - Father's Day celebration with Dallas West at 10 am

Tuesday, 21 - Jeopardy at 10 am

Tuesday, 28 - Brain Quest Trivia with Eliza at 10 am

July

Friday, 1 - 4th of July Party with Gene Mann at 10 am

Friday, 8 - Karaoke in the Lounge at 10 am

Wednesday, 13 - Family Feud at 10 am

Tuesday, 19 - Brain Quest Trivia with Eliza at 10 am

Wednesday, 20 - Super Senior Shindig at 10 am

Friday, 22 - Senior Olympics with Home Well
Senior Care at 10 am

Friday, 29 - Karaoke in the Lounge at 10 am

SUMMER SPECIAL!!!

Let's beat the heat and go out for breakfast instead of lunch during June, July, and August! We will leave at 8:30 am. Check out page 4 for dates and restaurant picks.

August



Wednesday, 3 - Name that Tune at 10 am

Thursday, 4 - Square Dancing Ice Cream Social at 2 pm

Friday, 5 - Summer Olympics Kick-Off at 10 am

Wednesday, 17 - Wheel of Fortune at 10 am

Friday, 19 - Karaoke in the Lounge at 10 am

Monday, 22 - Treasure Exchange at 10 am

Wednesday, 24 - Luau with Gene Mann at 10 am

Tuesday, 30 - Brain Quest Trivia with Eliza at 10 am

Site Council

President: Prannath Tiku, **Vice President:** Ann Moore

Treasurer: Bert Crockett, **Secretary:** Neil Bales

Members: Bill Bennet, Leonard Bhaerman, Thelma Brown, Betty Crawford, Dwayne Jacobs, Mary Jane Jakubowski, Bert Johanson, LaVerne Johanson, Gloria Pino-Lugo, Bob Reichard, Ed Roberts, Mary Ann Ringmann, Nick Simiz, Wanda Shaulis, Fred Utter, Mareta Wood

The next meeting will be June 20. There will be no meetings in July or August.

The Site Council wishes to express their appreciation to Walmart Store #1512, located at 800 West Warner Road in Chandler, which has donated a total of \$1,100 to date towards the Bingo program. Please show your appreciation by thanking store manager Nancy Dietz when you visit this store.

Thank you Site Council for sponsoring the MIM and the Organ Stop excursions, giving seniors an opportunity to experience these opportunities at a discounted rate. See Page 5 for a full list of excursions.

June - August 2016

WEEKLY ACTIVITIES

MONDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Party Bridge 12 pm
- Bingo 12:15 pm

TUESDAY

- Quilting 8:30 am
- Knitting/Crocheting 8:30 am
- Party Bridge 9 am
- Pinochle, Hand/Foot 12 pm
- Mah-Jong 12:30 pm

WEDNESDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Hand/Foot 12 pm
- Pinochle 12 pm
- Bingo 12:15 pm
- Party Bridge 12 pm

THURSDAY

- Quilting 8:30 am
- Party Bridge, Crafts 9 am
- Food Box/Bread Distribution 10 am
- Pitch 12 pm
- Social Partnership Bridge 12 pm
- Scrabble, Mexican Train Dominoes 12:30 pm
- Euchre 1 pm
- Bowling at Kyrene Lanes (\$7.50) 1 pm

FRIDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Party Bridge 12 pm
- Party Bingo 12:15 pm

MONDAY-FRIDAY ACTIVITIES

- Koffee Klatch 8 am
- Computer Lab 8 am-5 pm
(excluding class time)
- Pool table 8 am-5 pm
(excluding exercise and bridge)
- Lunch 11:30 am
- Mexican Train Dominoes 1:15 pm

SPECIAL SERVICES

Have Questions?

Call the **Senior Help Line** 602-264-4357.

Transportation: Dial a Ride 480-633-0101 ext. 4
Ride Choice 602-716-2100

Note: All groups and individuals who provide services at the Senior Center, including those listed above, do so with the understanding that they are prohibited from requesting personal information from participants, and from attempting to initiate contact with the participant to solicit them for future business.

Peer Counseling: These free support services can help you work through problems, manage stress, achieve goals and cope with grief or depression. Contact Paty Iniguez with EMPACT at (480) 262-3550 for details and to make an appointment.

Benefits Assistance Program: Area Agency on Aging provides free Medicare consultations the second Monday of every month. Call the front desk to make an appointment.

AARP Smart Driver Course: Classes are offered the third Thursday of every month from 1-5 pm! Class fee is \$15 for AARP members, and \$20 for non-AARP members. Sign up in advance!

Legal Consultations: Attorney Cami Pickett is available for 30-minute legal consultation sessions on June 22 am through 11:30 am. Sign up at the front desk to secure an appointment!

MedAssure: Keith from MedAssure will be in to adjust your ambulatory devices. He can fix your wheelchair, walker or cane! Just bring it in July 27th at 10 am!

BMI Screenings: Gemini Hospice offers free blood pressure screenings the third Thursday of every month starting at 9 am.

NEW!!! Food Box Distribution: The Chandler Christian Community Center offers a food box of non-perishable items for seniors who qualify for the program. These food boxes are distributed the third Thursday of every month. See the Nutrition Program office for an application!

Chronic Disease Management Classes

This free series offered by Dignity Health is designed to help you learn chronic disease self-management skills. Topics include but are not limited to: personalizing a fitness program, relaxation techniques, managing symptoms, and improving communications.

Wednesdays, July 6 - August 17 1:30 - 4 pm

CLASSES

BEGINNING/INTERMEDIATE WATERCOLOR

Learn everything from how to apply the paint to composition and color. Experienced painters will improve their skills and learn new tricks. Students must bring their own supplies. Supply list available at the Senior Center.

Resident fee: \$63	Non-resident fee: \$86	Supply fee: \$5
Tu 7/12-8/30	9:30 a.m.-12 p.m.	55 yrs+

COMPUTER BASIC-I

This class is for beginners to Windows 7 and Microsoft Word 2010. Instructions will include terminology, mouse movements, and creating and editing letters/documents.

Resident fee: \$28	Non-resident fee: \$38	Supply fee: \$15
W 6/1-6/22	9:30-11:30 a.m.	18 yrs+

EXCEL I: INTRO TO MICROSOFT EXCEL

This class provides an introduction to Microsoft Excel for beginners. Subjects include file manipulation, formatting, printing and templates. Learn how to use Excel to organize your work, finances and hobbies!

Resident fee: \$19	Non-resident fee: \$26	
W 6/29-7/27	5:30-6:30 p.m.	18 yrs+

FACEBOOK FOR BEGINNERS

Come learn how to use Facebook, a web-based application used for social networking. This is a one-day workshop for the very beginner with few computer skills.

Resident fee: \$9	Non-resident fee: \$13	
Th 6/16	7-9 p.m.	18 yrs+

WHAT'S COOKING?

Basmati rice pilaf is full of nutrients and flavor when cooked in a simple way. A bowl of hot lentil soup is not only nourishing, it is considered a "fat cutter." Come learn how to make these delicious foods!

Resident fee: \$8	Non-resident fee: \$11	Supply fee: \$10
Tu 6/14	6 - 7:30 p.m.	18 yrs+

FAMILY MEMORIES WRITING CLASS

Using creative nonfiction techniques, write short vignettes to share with your children, grandchildren, and friends. Develop anecdotes that include humorous, sentimental, and cultural aspects of family life. Both beginner and advanced writers welcome!

Resident fee: \$28	Non-resident fee: \$38	Supply fee: \$10
M 6/6-6/27	10:30 a.m. - 12:30 p.m.	18 yrs+
M 7/11-8/1	10:30 a.m. - 12:30 p.m.	18 yrs+

LINE DANCE

It's not only fun, it's exercise for the mind and body! Come out, learn some new moves and dance!

Resident fee: \$16	Non-resident fee: \$22	
Tu 6/7-6/28	2-3 p.m.	55 yrs+
Tu 7/5-7/26	2-3 p.m.	55 yrs+
Tu 8/2-8/23	2-3 p.m.	55 yrs+

ADVANCED LINE DANCE

Know your line dances? Want to shake it up, learn harder ones and become a better dancer? Come on out and dance some more!

Resident fee: \$16	Non-resident fee: \$22	
F 6/3-6/24	2-3 p.m.	55 yrs+
F 7/8-7/29	2-3 p.m.	55 yrs+
F 8/5-8/26	2-3 p.m.	55 yrs+

MICROSOFT WORD

In this workshop, you will learn how to use the HOME menu bar and how to format text.

Resident fee: \$9	Non-resident fee: \$13	
Tu 6/2	7-9 p.m.	18 yrs+

MICROSOFT POWERPOINT

This workshop teaches all the basic features associated with PowerPoint 2010.

Resident fee: \$9	Non-resident fee: \$13	
Th 6/9	7-9 p.m.	18 yrs+

PINTEREST FOR BEGINNERS

Learn how to use Pinterest, a web application with which you can collect, share, and use as an organizational tool.

Resident fee: \$9	Non-resident fee: \$13	
Th 6/23	7-9 p.m.	18 yrs+

YOUTUBE FOR BEGINNERS

Learn the basics of YouTube, a web application used to store, upload and view videos.

Resident fee: \$9	Non-resident fee: \$13	
Th 6/30	7-9 p.m.	18 yrs+

June - August 2016

CLASSES, CONTINUED

SPANISH I - BEGINNER

You know you want to do this! It's all here, waiting for you: vocabulary, introductory grammar, and the opportunity to practice what you learn.

Resident fee: \$41	Non-resident fee: \$56
W 7/6-7/27	1-4 p.m. 55 yrs+

TAI CHI CH'UAN - NEW BEGINNERS

Just trying it out for the first time? Come learn a martial art exercise that will improve your stamina and strength! Wear comfortable, loose fitting clothing.

Resident fee: \$37	Non-resident fee: \$50	Supply fee: \$3
M/W 6/6-7/13	2:45-3:45 p.m.	55 yrs+
M/W 7/18-8/24	2:45-3:45 p.m.	55 yrs+

TAI CHI CH'UAN - INTERMEDIATE

Second level!

Resident fee: \$37	Non-resident fee: \$50	Supply fee: \$3
M/W 6/6-7/13	1:30-2:30 p.m.	55 yrs+
M/W 7/18-8/24	1:30-2:30 p.m.	55 yrs+

YOGA AND MEDITATION

Learn exercises to release tension from your mind and body. Learn to use these meditation techniques to gradually develop a special quality of health. Bring an exercise mat and towel.

Resident fee: \$28	Non-resident fee: \$37
Th 6/9-7/28	11:30 a.m.-12:30 p.m. 18 yrs+

MAINTAIN YOUTH AND BEAUTY

Learn how to tone and tighten your body's skin naturally. You will also learn how you can stay healthy, active and vibrant using natural products from your kitchen.

Resident fee: \$6	Non-resident fee: \$9	Supply fee: \$10
Tu 8/16	6-7 p.m.	18yrs+

ZUMBA GOLD

This class brings the exciting Latin and international dance rhythms from the original ZUMBA program to the active adult population! Come dance to get fit!

Resident fee: \$16	Non-resident fee: \$22
Tu 6/7-6/28	10-11 a.m. 55 yrs+
Tu 7/12-8/2	10-11 a.m. 55 yrs+
Tu 8/9-8/30	10-11 a.m. 55 yrs+

Full class listing in Break Time Magazine

MONTHLY OUTINGS

Movies and Breakfast!!!

What more could you want!?

Sign up at the Senior Center and come join us!
Transportation is provided and you pay your way!

June

Movie: June 7 - \$2 at Pollack Cinemas.

The movie will be chosen June 3

Breakfast: June 22 - T.C. Eggington 9 am

July

Movie: July 5 - \$2 at Pollack Cinemas.

The movie will be chosen July 1

Breakfast: July 27 - The Farmhouse 9 am

August

Movie: August 2 - \$5 at Fat Cats

*See page 5 for details and registration

Breakfast: August 24 - Crackers & Co. 9 am

Monthly Trips to the Casino

Wednesday, June 29

Harrah's Casino

Cost: \$5

Everyone gets \$10 in casino play, if we get 40 people so bring your friends!

Pick up at 8:30 am

Return between 4:30 and 5:00 pm

Wednesday, July 27

Mazatzal Casino

Cost: \$5

Pick up at 8:30 am

Return between 4:30 and 5:00 pm

Wednesday, August 31

Apache Gold Casino

Cost: \$20 cash registration

Everyone gets \$25 to start at the slots!

Pick up at 8:30 am

Return between 4:30 and 5:00 pm

All cancellations must be made 24 hours or more in advance to have money refunded to you or put on your account. All cancellations made less than 24 hours in advance will forfeit their fee.

June - August 2016

ADVENTURES AND EXCURSIONS

****All cancellations must be made 3 business days in advance to receive a full refund. Less than 3 days notice will result in a 50% refund. No refund will be issued for cancellations made on the day of an excursion.**

Wednesday, June 15 - Diamondbacks Game

Cost: \$25 registration fee, \$34 non-residents

- Summer in Arizona? Let's go watch a ball game in the cool air conditioned Chase Field! The Arizona Diamondbacks are taking on the L. A. Dodgers in this home game.
- Leave at 12:00 pm
- Return approximately 5:00 pm

Saturday, June 25 - Musical Instrument Museum featuring Johnny Cash and June Carter

Cost: \$13 registration fee, \$18 non-residents

- The MIM is recognized by TripAdvisor as one of the top 20 museums in the United States and is rated the #1 attraction in Phoenix by TripAdvisor reviewers. However, if going to the largest musical instrument museum in the world weren't reason enough to go on this trip, the Johnny Cash and June Carter event should be! There is a special one day only celebration of the lives and legacies of these two music legends. Come hear gallery talks, test your knowledge of Carter/Cash trivia, view a film screening, and more! There is a café in the museum for lunch, but you are welcome to bring your own lunch as well.
- Leave at 9:00 am
- Return approximately 2:30 pm

Friday, July 1 - First Friday in Phoenix

Cost: \$3 registration fee, \$5 non-residents

- Every first Friday, the downtown Phoenix Art district comes alive and is available free to anyone, including the Heard Museum. The Heard is showcasing a special exhibit on this day only called "Celebrating Women". Come with us for an early dinner at Pomo Pizzeria (where they make authentic Neapolitan pizza with recipes straight from Italy) followed by a free visit to the Heard Museum. Bring money for dinner please.
- Leave at 4:15 pm
- Return approximately 8:20 pm

Tuesday, July 26 - Organ Stop Pizza

Cost: \$3 registration fee, \$5 non-residents

- Ice cream and a private tour and organ show are included in this package! Let's get a huge group together and learn all about the famous Wurlitzer Organ!
- Leave at 12:30 pm
- Return approximately 3:30 pm

Tuesday, August 2 - Movie and a Meal at Fat Cats

Cost: \$7 registration fee, \$9 non-residents

- Ever wish the movie theater seats were bigger, cushier and reclined like your La-Z-boy at home? At Fat Cats they are! And you can order a real meal that they will bring right to your seat... it's the perfect lazy summer day activity! Let's go try it out! *Note: the movie will be chosen the week before when the show times are listed. Feel free to offer suggestions!
- Leave at TBD
- Return approximately TBA

Free Spirit Vacations and Events

Tuesday, August 9 - Williams and Bearizona with

Cost: \$99 registration fee

***Special registration required: see the front desk for paperwork.

- We're sending you with Free Spirit Vacations and Events to historic the Route 66 town of Williams and then on to see the wildlife at Bearizona!
- Leave sometime in the morning
- Return in the evening

Wednesday, August 3 - Another Diamondback Game!

Cost: \$25 registration fee, \$34 non-residents

- We have to take in one more game before baseball season is over! This time we're facing the Washington Nationals!
- Leave at 12:00 pm
- Return approximately 5:00 pm

Tuesday, August 23 - Tempe Historical Museum and Sweet Tomatoes

Cost: \$3 registration fee, \$5 non-residents

- This museum is a center where the community comes together to explore Tempe's past, share its present and imagine its future! Also included is the summer exhibition of "Legend City" which was a locally-owned, home-grown theme park modeled after Disneyland that operated from 1963-1983. We'll wrap it up with lunch at Sweet Tomatoes before we come home!
- Leave at 9:45 am
- Return approximately 1:30 pm

June 2016

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				9 am - Crafts with Juanita 9 am - Tai Chi Qigong 10 am - Last Mindfulness Group 10 am - Bread distribution	10 am - Creating Cards with Heather 10 am - Prize Pictionary with Home Well Senior Care	
5	6 10 am - Music with Jai Mitchell	7 TBD - \$2 movie at Tempe Pollack Cinemas	8 9:30 am - Skin Cancer Screenings with Radiant Complexions Dermatology Clinic 1:00 pm - Rummikub Group	9 9 am - Crafts with Wanda 9 am - Tai Chi Qigong 10 am - Bread distribution	10 10 am - Music with Carlotta Wheeler	11
12	13 9:30 am - Benefits Assistance 10 am - Consumer Scams by AZ Attorney General's Office	14 10 am - Music with Jay Farris	15 10 am - Senior Benefits Talk 12 pm - Diamondbacks Game	16 9 am - BMI Checks w/ Gemini 9 am - Crafts with Juanita 10 am - Scientific Secrets of a Powerful Memory 10 am - Food Box Distribution 1 pm - AARP Safe Driver Class	17 10 am - Father's Day Party with Dallas West! 1:15 pm - Movie in the lounge	18
19	20 9:30 am - Site Council Meeting 10 am - Father's Day Party	21 10 am - Jeopardy	22 9 am - Out to Breakfast: T.C. Eggington 9 am - Legal Consultations	23 9 am - Crafts with Wanda 10 am - Bread distribution 10 am - Scientific Secrets of a Powerful Memory	24 10 am - Essential Oils for the Elderly by Gloria Torres	25 9 am - MIM Trip
26	27 10 am - Music with Bob Doszak	28 10 am - Brain Quest Trivia with Eliza	29 8:30 am - Harrah's Casino 10 am - Medicare 101	30 10 am - Bread Distribution 10 am - Scientific Secrets of a Powerful Memory		

July 2016

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10 am - Creating Cards with Heather 10 am - 4th of July Party with Gene Mann 4:15 pm - First Friday Excursion	2
3	4 CLOSED in honor of Independence Day	5 TBD - \$2 movie at Tempe Pollack Cinemas	6 10 am - "Healthy Sleep" by Humana 1:30 pm - "Healthy Living" Class starts	7 9:30 am - Tai Chi Qigong 10 am - Bread distribution 10 am - Scientific Secrets of a Powerful Memory	8 10 am - Karaoke in the lounge	9
10	11 9:30 am - Benefits Assistance 10 am - Music with Frank Mackey	12	13 10 am - Family Feud 1:30 pm - Rummikub Group	14 9 am - Crafts with Wanda 9:30 am - Tai Chi Qigong 10 am - Bread distribution 10 am - Scientific Secrets...	15 10 am - Music with Howard Clark 1:15 pm - Movie in the lounge	16
17	18 10 am - Music with Jim Bing	19 10 am - Brain Quest Trivia with Eliza	20 10 am - Super Senior Shindig with Carlotta Wheeler	21 9 am - Blood Pressure with Gemini 9:30 am - Tai Chi Qigong 10 am - Food Box Distribution 1 pm - AARP Safe Driver 10 am - Scientific Secrets...	22 10 am - Senior Olympics with Home Well Senior Care	23
24	25 10 am - "Task Force Against Senior Abuse" by AZ Attorney General's Office	26 12:30 pm - Organ Stop Pizza	27 8:30 am - Mazatzal Casino 9 am - Breakfast: The Farmhouse 10 am - Medicare 101 table 10 am - MedAssure	28 9 am - Crafts with Wanda 9:30 am - Tai Chi Qigong 10 am - Bread distribution 10 am - Scientific Secrets...	29 10 am - Karaoke in the lounge	30

August 2016

MUSIC, EDUCATION, AND OTHER EXTRACURRICULAR OPPORTUNITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10 am - Hands Only CPR Training with Chandler Fire Department	2 TBD - Movies at Fat Cats	3 10 am - Name That Tune 12 pm - Diamondback Game	4 9 am - Tai Chi Qigong 10 am - Bread distribution 10 am - How to Stay Healthy as You Age 2 pm - Square Dance Ice Cream Social	5 10 am - Creating Cards with Heather 10 am - Summer Olympic Kick-off party!	6
7	8 9 am - Benefits Assistance 10 am - Music with Carl Nyberg	9 10 am - "Habit of Happy People" - by Humana Williams and Bearizona Excursion	10 9:30 am - Skin Cancer Screening by Radiant Complexions Dermatology Clinic 1:30 pm - Rummikub Group	11 9 am - Crafts with Wanda 9 am - Tai Chi Qigong 10 am - Bread distribution 10 am - How to Stay Healthy as You Age	12 10 am - Music with Jim Springer	13
14	15 10 am - Music with Lai Mitchell	16 National Tell a Joke Day!	17 9 am - Breakfast: Crackers & Co. 10 am - Wheel of Fortune	18 9 am - BMI and Blood Pressure 10 am - Food box distribution 10 am - How to Stay Healthy... 1 pm- AARP Safe Driver	19 10 am - Karaoke in the Lounge 1:15 pm - Movie in the lounge	20
21	22 10 am - Treasure Exchange	23 9:45 am - Tempe Historical Museum	24 10 am - Luau with Gene Mann	25 9 am - Crafts with Wanda 10 am - Bread distribution 10 am - How to Stay Healthy..	26 10 am - Music with Jay Farris	27
28	29 10 am - Music with Bob Doszak	30 10 am - Brain Quest Trivia with Eliza	31 8:30 am - Apache Gold Casino 10 am - Music with David Keller			



CITY OF CHANDLER
Community Services Department
Mail Stop 501, P.O. Box 4008
Chandler, AZ 85244-4008



**PRESORTED
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City of Chandler Recreation Division
Chandler Senior Center
202 East Boston Street

SENIOR CENTER TEAM

City of Chandler Recreation

Recreation Coordinator II: Nancy Jackson (480) 782-2722

Recreation Coordinator I: Eliza Haws (480) 782-2741

Recreation Coordinator I (Therapeutics): Collette Prather (480) 782-2709

Customer Service Representative: Loretta Colson (480) 782-2720

Nutrition Program provided by Chandler Christian Community Center

Senior Food Programs Manager: Kelly Delgado (480) 082-2721

Community Outreach Specialist: Brianna Burrows (480) 503-6061



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